

Wellness Program Newsletter

# Wellness Matters

All benefitted and benefit-eligible municipal employees, retirees, and benefit-eligible family members in East Longmeadow, Hampden, HWRSD, Longmeadow, LPVEC and Wilbraham may participate in any of the programs and classes listed. Other employees, family members and friends are also invited to participate, however will not be eligible for incentives.

*Coordinator's Corner*

September is back again, bringing with it cooler nights and busier schedules. As you release the carefree days of summer, remember to keep some trace of self-care in your routine.

During the 2019 school year, we added programs, ended some, and continued with favorites. Here is a recap:

**29 colonoscopies** (\$2900 worth of gift cards!)

**Pilates classes** were attended by over **50 employees** (some continued the whole year, class after class, and others took multiple classes at once!)

**14 employees** completed the **meFIT program**

There were **6 yoga classes** attended by **72 employees**

**44 employees took P&R classes** at a discounted rate

Our new **circuit class trained 25 employees**

**195 SVRHT members** participated in the **Wellness Works** program.

**165** of you weighed in for the **Maintain Campaign**

Let me know what you would like to accomplish this year. I am always open to new ideas and I love hearing from you!

*Here's to another great year~*

~Lyn

For more information on anything in this newsletter, please contact me at [lyn@scantichealth.org](mailto:lyn@scantichealth.org). You are most welcome to "like" us on FB for health info: <https://www.facebook.com/scanticvalleywellness/>

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Last year, we had no entries in our "Make Your Site a Little More Well" contest. This came as a shock to me, since this is free money to improve the well-being of you and your co-workers! Is there no building or group of employees that could use a little dose of TLC??? What do you want your worksite to be known for? What does wellness look like when you work all day—or what do you wish it looked like? If you can answer these questions, email or call me for an application form!



## Upcoming Flu Clinics for Longmeadow Employees

SCHOOL DEPT. EMPLOYEES: Tuesday, Sept. 24, 2:30 - 4:15 PM, LHS, Cafeteria  
TOWN EMPLOYEES: Friday, Sept 27, 11:30 AM - 1:00 PM Community House

### Flu Clinic for Wilbraham

Monday, Sept. 23, 10:00 AM - Noon, Wilbraham Senior Center

### Flu & Pneumonia Clinic for Hampden

Friday, Sept. 27, 1:00 - 3:00 PM Hampden Senior Center

Please call 566-5588 to pre-register for this clinic

**BCBSMA** update: Effective 7/1/2019, the reimbursement benefit was expanded on the HMO and PPO active employee plans. Retiree plans had the expanded benefit as of 1/1/2019:

- \* The fitness reimbursement was expanded to include fitness studios that offer instructor-led group classes for cardiovascular and strength training, such as yoga, Pilates, kickboxing, indoor cycling, and other exercise programs.
- \* The weight loss reimbursement was expanded to include Weight Watchers online and other non-hospital programs (in-person or online). For more information members can call BCBSMA Member Service.

**meFit** is a 12-week intensive lifestyle management program for adults struggling with weight\* that supports total wellness and healthy weight loss through group personal training and individual nutrition counseling. **The next session starts late September!** Visit <http://www.scantichealth.org/documents/wellness/meFit%20ProgramFY20.pdf> for more information.

## YMCA Diabetes Prevention Program

### Stats and Figures

1 OUT OF 3 U.S. ADULTS  
HAVE PREDIABETES,  
BUT ONLY 10% KNOW  
THEY HAVE IT.

86 MILLION  
AMERICANS  
HAVE PREDIABETES.  
MAYBE EVEN YOU.

[DoIHavePrediabetes.org](http://DoIHavePrediabetes.org)

Do you have a parent or sibling with diabetes? Are you a woman who has had a baby weighing more than 9 pounds? Has your doctor told you that you are overweight? Are you older than 45?

These, in addition to other criteria, may increase your risk for pre-diabetes. Don't be like the 90% of Americans who don't know they have it. Take the risk test at [www.doihaveprediabetes.org](http://www.doihaveprediabetes.org) to find out what your risk is.

The Scantic Valley YMCA at Post Office Park in Wilbraham is offering a Diabetes Prevention Program (YDPP), which has been nationally recognized for reducing the risk of type 2 diabetes among those that have pre-diabetes. If you have pre-diabetes, enrolling in the YDPP is most likely the best thing you can do for your health and well-being.

For more information, please call Jennifer Kennedy, YDPP Coordinator, at 413-596-2749, x3107.

Visit our website to watch a short testimonial from a local YDPP participant (Wilbraham location).

## DASH for Health Employee testimonial

*I am very happy with the DASH on-line program. My doctor wanted me to lower my sodium intake because I was up to a very high dosage on my blood pressure medication. While I didn't follow the DASH plan 100%, I was able to incorporate a lot of the information into my daily routine. A little while ago, my doctor decided to cut my medication dosage in half since my blood pressure was so good! At my last checkup, I was maintaining a good blood pressure at a lower rate.*

**Only 3 spots left!!!** Members of SVRHT can sign up for the DASH for Health on-line program for **\$25 for a 6 month subscription**; more than 60% off the regular subscription rate, as the Wellness Program will pay the other \$25! **The DASH Diet is a well-balanced, easy-to-understand way of eating that gives you lots of choices, and it is scientifically proven to help you lose weight, lower blood pressure and lower cholesterol levels.** With customized meal plans to help you get started, twice-weekly email tips, tracking tools for weight, food and exercise, and hundreds of recipes, you will **eat better, feel better and improve your health** - all while eating the foods you love. If you receive your insurance through your workplace (SVRHT), go to <http://www.dashforhealth.com> and enter coupon code **SCANTIC2019**. Please let me know if you would like to take advantage of this offer!



All SVRHT members—if you get your health insurance through work, activate your mytelemedicine account between Sept. 1 and Nov.30, you will be entered in a drawing to receive an Apple Ipad Mini! Why wait? Register today so it is ready when you need it.

Doctors can be hard to reach, illnesses can occur in the middle of the night, and sometimes you just have a question. In all of these circumstances—and many more—MyTelemedicine is a convenient and affordable solution. As a SVRHT member, you now receive access to a national network of U.S. board-certified doctors who are available 24/7/365 to treat many of your medical issues by video, phone or email.

How does mytelemedicine work???

- > Patient calls 1.800.611.5601 or logs on to their member portal to schedule a consultation with a physician licensed in their state.
- > Member speaks to a Care Coordinator who will triage and update the patient's Electronic Health Record (EHR) along with all symptoms.
- > Member consults with Physician who recommends a treatment plan. If a prescription is necessary, it's sent to the pharmacy of your choice.
- > The doctor will update the member's EHR immediately after the consultation. The patient has 24/7 secure access to their member portal.

**Activation Process:** Call 1-800-611-5601 OR Visit <https://www.mytelemedicine.com/> and click **Activate Now**  
Complete all required fields and agree to terms and conditions

Click **Continue Activation**

You will receive a confirmation email—click the **Activate Now** link and create your password

You now have access to access to doctors 24/7/365!

**It's FAST!**

**It's CONVENIENT!**

**It's totally FREE!**

# Upcoming Classes

## Longmeadow Parks and Recreation Department\*

Adult Karate Sept 3    Tai-Chi Yang Style Sept 10    Adult Fitness Sept 17    Zumba for Adults Sept 23

Multiple Volleyball and Basketball games and programs offered as well!

Please visit <http://www.lprd.net/> or call 565-4160 for more information and to register.

## East Longmeadow Recreation Department\*

Cardio Strength Class Sept 24    Yoga Class Sept 26    Pick-up basketball offered as well! Please visit

<https://www.eastlongmeadowma.gov/DocumentCenter/View/8464/East-Longmeadow-Recreation-Fall-2019-Brochure>

for more information and **visit in-person** to receive the employee discount.

\*If you are a town employee working 20+ hours/week in any of our 6 municipalities, you will receive a 40% discount on Park & Rec activity classes upon registering for their classes when you confirm that you are a town employee (eligible employees pay 60% and SVRHT pays 40%). You must register with the Park and Rec Department for any of their classes.

## Gentle Flow Yoga Class

Curious about Yoga? Do you need to be flexible? Do you need to touch your toes? The answer is no. All you have to do to is be able to breathe. We will practice a bit of guided meditation, movement and rest. Class will be an hour long. All levels welcome, but this class will be geared for the beginner student.

**Thursdays, 6:00 - 7:00 PM Starting September 12th    Yoga on Main Street, 388 Main Street, Wilbraham**

This is an on-going class. You can purchase a discounted **10-class card for \$126**. Attend 10 classes during a 4-month time frame and earn a \$25 visa gift card! Payment goes to Holly Pastrana at first class. There are four spots available. Contact me to register.

## Gentle Yoga Class

This class includes stretching, balancing, movement and relaxation for every-body. Come curious and leave relaxed and refreshed. The benefits of the practice will extend far beyond the class we share together.

**Mondays, 5:15 - 6:30 PM Starting September 16th    Old Town Hall, 417 Longmeadow St, Longmeadow**  
**6 week class for \$50\*\*    10 participants minimum to hold class**

## Pilates High Intensity Interval Training

This mat class improves your strength and physical endurance by combining the principles of Pilates with full body conditioning.

**Mondays, 4:30 - 5:20 PM September 23 - October 28 (no class 10/14)    \$55 for 5 weeks\*\***

Core and More Pilates Studio    2141 Boston Road, Wilbraham

## Pilates Mat Class

This class takes place on the floor with a mat using some small equipment (resistance bands, circles, fitness balls and light weights). The focus is on core strength and stability with some arm and leg work.

**Thursdays, September 26 - October 31 3:45 - 4:30 PM    \$65 for 6 weeks\*\***

The Pilates Center of Western MA, 167 Dwight Road, Suite 105, Longmeadow

**Please contact [lyn@scantichealth.org](mailto:lyn@scantichealth.org) or 413-896-9080 to register for Pilates and yoga classes**

\*\*Attendance at 5-6 classes will earn you a \$10 voucher for a gift card at a choice of retailers.